I claim:

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1. Apparatus for restraining an infant during a diaper changing operation and for shielding a changing surface and/or diaper changer during a diaper changing operation, said apparatus comprising:

a generally planar shield portion having an upper surface for supporting an infant and a lower surface for contacting a diaper changing support surface, said shield portion comprising a fabric pocket, said fabric pocket having a compartment having an aperture housing at least one generally rigid, removable insert, said insert comprising a generally stiff barrier material, said insert having at least one living hinge portion separating at least two major surfaces of said insert, said at least two major surfaces being foldable one on top of the other such that said shield portion is foldable into a compact unit;

said fabric pocket having a top portion and a bottom portion and a middle portion extending between said top and said bottom portions; and

a restraining mechanism for restraining shoulders of an infant during a diaper changing operation, said restraining mechanism comprising an adjustable strap system, said adjustable strap system having at least a right strap and a left strap, said right and left straps connecting to said fabric pocket proximal said top portion at one end and proximal said middle portion at another end, and each said right and left straps including a matable element of a quick release system and being connectable one to the other by engaging said matable elements of said quick release system.

An apparatus for restraining an infant according to 2. claim 1 wherein each said right and left strap is adjustable in length.

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- An apparatus for restraining an infant according to claim 2 wherein said insert comprises at least two living hinge portions separating at least three major surfaces, each of said at least three major surfaces being foldable 10 on top of an adjacent major surface such that said shield portion is foldable into a compact unit.
- An apparatus for restraining an infant according to claim 3 wherein said insert comprises a material which is substantially liquid impermeable. 15
 - An apparatus for restraining an infant according to claim 4 wherein said fabric pocket comprises a cushioned material for providing a comfortable changing surface for an infant
 - An apparatus according to claim 5 wherein said fabric pocket includes an opening through which said insert can be removed or replaced, said opening having a closing mechanism for closing said opening when said apparatus is being used, stored, or transported.
 - An apparatus according to claim 6 further including a securing strap attached to a portion of said fabric pocket capable of maintaining said major surfaces as a folded unit for transport or storage purposes.

8. An apparatus according to claim 7 wherein said matable elements of said quick release system comprise male and female portions for connecting one to the other.

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9. Apparatus for restraining an infant during a diaper changing operation and for shielding a changing surface and/or diaper changer during a diaper changing operation, said apparatus comprising:

a generally planar shield portion having an upper

surface for supporting an infant and a lower surface for
contacting a diaper changing support surface, said shield
portion comprising a fabric pocket, said fabric pocket
having a plurality compartments having apertures separated
one from another by restriction portions, each of said

plurality of compartments housing one of a plurality of
generally rigid, removable inserts, each said insert
comprising a generally stiff barrier material;

said fabric pocket being foldable at said restriction portions such that said fabric pocket is foldable into a compact unit;

said fabric pocket having a top portion and a bottom portion and a middle portion extending between said top and said bottom portions; and

a restraining mechanism for restraining shoulders of
25 an infant during a diaper changing operation, said
restraining mechanism comprising an adjustable strap
system, said adjustable strap system having at least a
right strap and a left strap, said right and left straps
connecting to said fabric pocket proximal said top portion
30 at one end and proximal said middle portion at another end,
and each said right and left straps including a matable
element of a quick release system and being connectable one

to the other by engaging said matable elements of said quick release system.

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- 10. Apparatus according to claim 3 wherein said fabric5 pocket includes an inner liquid impermeable shell.
 - 11. Apparatus according to claim 10 wherein said fabric pocket includes an outer liquid permeable shell and a layer of padding sandwiched between said inner and said outer shells.
 - 12. Apparatus according to claim 9 wherein said fabric pocket includes an inner liquid impermeable shell.
- 13. Apparatus according to claim 12 wherein said fabric pocket includes an outer liquid permeable shell and a layer of padding sandwiched between said inner and said outer shells.
- 20 14. Apparatus for restraining an infant during a diaper changing operation and for shielding a changing surface and/or diaper changer during a diaper changing operation, said apparatus comprising:
- a generally planar shield portion having an upper

 25 surface for supporting an infant and a lower surface for contacting a diaper changing support surface, said shield portion comprising a fabric pocket, said fabric pocket having a compartment having an aperture for insertion of a changing pad or board therein;
- 30 said fabric pocket having a top portion and a bottom portion and a middle portion extending between said top and said bottom portions; and

a restraining mechanism for restraining shoulders of an infant during a diaper changing operation, said restraining mechanism comprising an adjustable strap system, said adjustable strap system having at least a right strap and a left strap, said right and left straps connecting to said fabric pocket proximal said top portion at one end and proximal said middle portion at another end, and each said right and left straps including a matable element of a quick release system and being connectable one to the other by engaging said matable elements of said quick release system.

15. Apparatus according to claim 14 wherein said fabric pocket includes an inner liquid impermeable shell.

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16. Apparatus according to claim 15 wherein said fabric pocket includes an outer liquid permeable shell and a layer of padding sandwiched between said inner and said outer shells.

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- 17. Apparatus according to claim 16 wherein each of said right and left straps are adjustable in length.
- 18. Apparatus according to claim 17 wherein said matable 25 elements of said quick release system comprise male and female portions for connecting one to the other.
 - 19. In a changing board comprising a changing surface for supporting the weight of an infant during a diaper change, the improvement comprising:

a restraining mechanism for restraining shoulders of an infant during a diaper changing operation, said

restraining mechanism comprising an adjustable strap system, said adjustable strap system having at least a right strap and a left strap, said right and left straps connecting to said changing board proximal a top portion at one end and proximal a middle portion at another end, and each said right and left straps including a matable element of a quick release system and being connectable one to the other by engaging said matable elements of said quick release system, and wherein said right and left straps are so designed and attached to said changing board such that said straps are capable of restraining the shoulders of an infant during a diaper changing operation.

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20. An apparatus for restraining an infant according to 5 claim 5 wherein said lower surface of said shield portion includes an anti-skid surface.